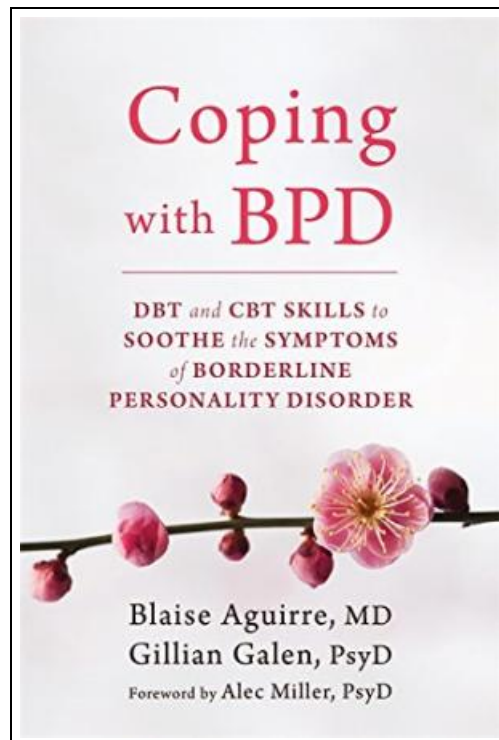


## Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder



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**(Seth Fritsch)**

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